



Dakota Wellness Program

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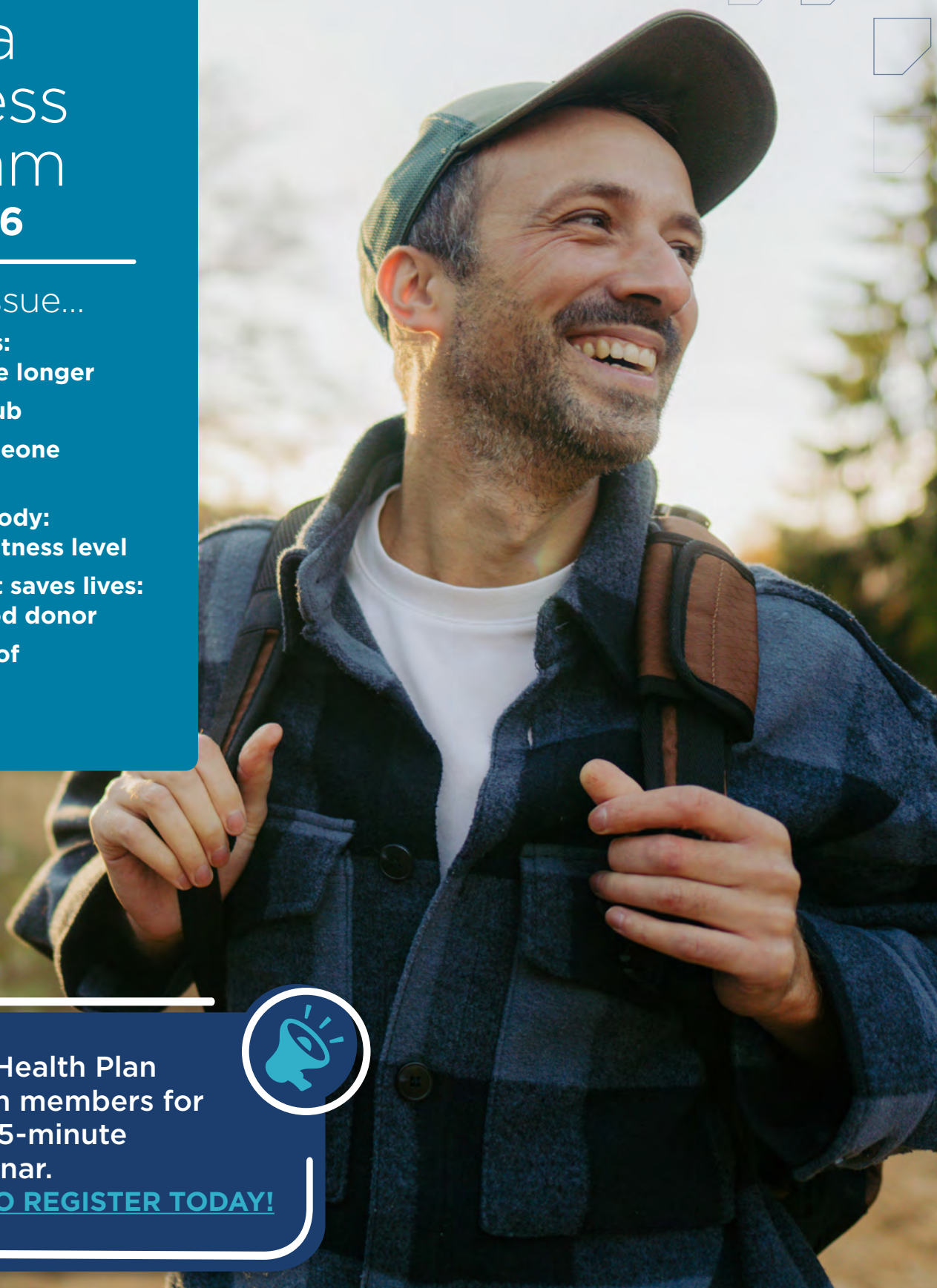
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Join Sanford Health Plan
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our monthly 15-minute
wellness webinar.

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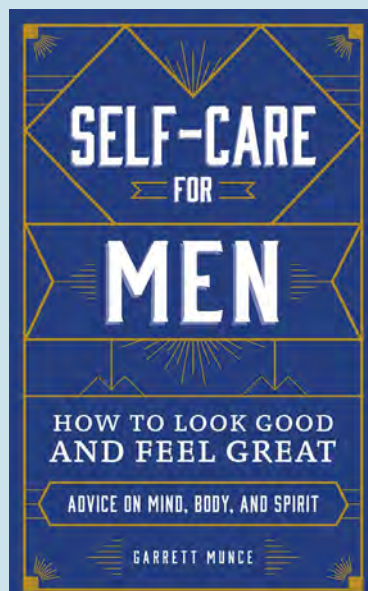
SANFORD
HEALTH PLAN

Rewrite the odds: How men can live longer

Across the globe, women tend to live longer than men, often by five to six years. This longevity gap arises from both biology and behavior. Genetically, women have two X chromosomes, providing a backup if one gene is faulty. Hormones like estrogen support heart health, while men's testosterone may increase risk-taking. Women also tend to have stronger immune responses, helping them fight infections more effectively.

Behavior and lifestyle amplify these differences. Men are more likely to engage in risky activities, delay medical care and face higher rates of substance use. Social connections matter too: women maintain broader support networks, while men often rely heavily on a spouse, making isolation riskier.

Men can close the gap by prioritizing preventive care, exercising regularly, eating well, managing stress, building friendships and getting quality sleep. By combining healthy habits with emotional and social support, men can add not just years – but vitality – to their lives.



Monthly book club

Self-Care for Men: How to Look and Feel Good by Garrett Munce

Self-Care for Men: How to Look and Feel Good by Garrett Munce is a practical wellness guide tailored for modern men who want to improve their mental, physical and emotional health. Munce, a grooming editor for Esquire and Men's Health, breaks down self-care beyond stereotypes, offering actionable advice on topics like stress relief, skincare, hair care, supplements, meditation, detoxing and energy management. The book shows how grooming, preventive health habits and mindful practices can boost confidence, well-being and longevity. It emphasizes easy routines and holistic care – from meditation to CBD to anti-aging tips – helping men feel healthier and more fulfilled.

Discussion questions

- How does Munce challenge traditional ideas of masculinity in his approach to self-care, and why is that important for men's overall well-being?
- Which area of self-care discussed in the book (mental health, grooming, fitness, stress management, etc.) seems most overlooked for men, and why?
- The book promotes small, consistent habits rather than drastic changes. Why are sustainable routines more effective for long-term health and confidence?



Ask the expert

How to help someone with PTSD

Helping someone with Post-Traumatic Stress Disorder (PTSD) starts with patience and understanding. Learn their symptoms – such as flashbacks, anxiety or avoidance – and respect their boundaries. Listen without judgment and avoid pressuring them to “move on.” During episodes, stay calm, speak gently and help them feel safe in the present moment. Ask about triggers so you can help reduce exposure when possible. Encourage professional support like therapy, but don’t force it. Offer practical help with daily tasks when needed. Just as important, take care of your own well-being. Supporting someone with PTSD is a journey – your steady presence, empathy and consistency can make a meaningful difference.



Yoga for every body: Benefits at any fitness level

Yoga offers benefits for every fitness level by improving flexibility, strength and balance without requiring intense strain. Gentle poses support beginners, while advanced variations challenge experienced practitioners. Regular practice enhances posture, reduces muscle tension and increases mobility. Beyond physical gains, yoga promotes relaxation, lowers stress and supports mental clarity through mindful breathing. It can also improve sleep quality and boost overall energy. Because yoga is adaptable, it meets you where you are, whether recovering from injury, building strength or maintaining wellness, making it an inclusive, sustainable way to support both body and mind.

A simple act that saves lives: Becoming a blood donor

Becoming a blood donor is simple, safe and incredibly impactful. The process usually takes about an hour, with the actual donation lasting only 8–10 minutes. After a quick health screening and questionnaire, trained staff guide you every step of the way. Your body quickly replaces the donated blood, often within a few weeks. Most people can donate every 8 weeks, making it an easy habit to maintain. With minimal discomfort and no special preparation beyond eating well and staying hydrated, donating blood is one of the easiest ways to help save lives and support your community.



Preventive health

For many, June is a time of transition from the busyness of school to summer activities. It presents a good opportunity to think about the importance of wellness exams. A central goal of a wellness exam is to establish a relationship with a primary care provider (PCP). It is important to have a provider who can answer your medical concerns, provide counsel based on your individual health history and coordinate your care. This individual can ensure your health needs are discussed consistently and create a plan to address your health goals. If you don't have a PCP, now is the perfect time to establish care!

What can you expect during a wellness visit?

- A review of your health history.
- A physical examination.
- Screening tests based on your risk factors, age and gender.
- Making sure your vaccinations are up to date.
- Coordination of follow-up appointments with any specialists or services you may require.
- Guidance and counseling based on your individual risk factors and lifestyle habits.

Grilled zucchini and feta chickpea wrap with herbed yogurt



Yield: Serves 4

This grilled zucchini and feta chickpea wrap with herbed yogurt is a fresh, flavor-packed vegetarian meal you can throw together in 20 minutes. Smoky, creamy and satisfying – perfect for lunch, dinner or meal prep.

Ingredients:

4 large tortillas or flatbreads
1 medium zucchini (200 g / 7 oz),
sliced lengthwise
1 cup cooked chickpeas (160 g / 5.6 oz)
100 g / 3.5 oz feta cheese, crumbled
1 tablespoon olive oil (15 ml)

Salt and black pepper, to taste
½ cup plain yogurt (120 g / 4.2 oz)
1 tablespoon fresh herbs (parsley, mint
or dill), chopped (8 g / 0.3 oz)
1 teaspoon lemon juice (5 ml)

Instructions:

1. Preheat a grill pan or outdoor grill to medium heat.
2. Brush zucchini slices lightly with olive oil, then season with salt and black pepper.
3. Grill zucchini for 2–3 minutes per side, until tender and charred. Remove and set aside.
4. In a small bowl, mix yogurt, fresh herbs, lemon juice, salt and pepper to create the herbed yogurt sauce.
5. Warm the tortillas or flatbreads until soft.
6. Layer grilled zucchini, chickpeas and crumbled feta in each wrap.
7. Drizzle generously with herbed yogurt sauce.
8. Fold the wraps tightly, slice if desired, and serve immediately.

Notes:

Use vegan feta and dairy-free yogurt for a fully plant-based version. Store components separately for up to three days for easy meal prep. Add grilled eggplant or roasted peppers if zucchini isn't available. Great served warm or cold – ideal for picnics and lunchboxes.

Monthly Observances

Men's health month

PTSD awareness

June 14: World blood donor day

June 19: World Sickle Cell day

June 21: International yoga day

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